

Cardiovascular Disease Mortality and Risk Factors

in the West Central District Health Department



West Central District Health Department

Counties: (Arthur, Grant, Hooker, Keith, Lincoln, Logan, McPherson, and Thomas)

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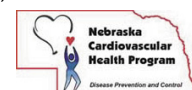
Although not statistically significant, age-adjusted mortality rates for total cardiovascular disease, heart disease, and sudden cardiac death in the West Central District Health Department region are higher than those for all Nebraska residents. In contrast, the stroke mortality rate in the West Central region ranks second lowest when comparing the 18 Nebraska local public health departments (although not significantly different from the state as a whole). In general, adults of the West Central region, when compared to adults statewide, do not differ statistically for any of the nine risk factors presented in the report. Of the 18 local public health departments, residents of the West Central region rank second highest in diagnosed high blood pressure while diagnosed high blood cholesterol (among those that have ever had it checked) is slightly higher than the statewide average (although neither difference is significant).

Regionally specific supplement to:

Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions. Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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Full copy available for download at: <http://www.hhs.state.ne.us/cvh>

West Central District Health Department

Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Arthur, Grant, Hooker, Keith, Lincoln, Logan, McPherson, and Thomas	38.3 years	H.S Grad / GED or higher	86.6%	Number	Percentage
Total population 47,517	Median income \$35,221	Baccalaureate / Graduate degree	16.4%	White, non-Hispanic	44,377 93.4%
				Minority	3,140 6.6%

Source: 2000 Census

Mortality and Risk Factors

Mortality Due to Cardiovascular Disease Among Residents in West Central District Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) ^d
	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	
Total Cardiovascular Disease	959	305.9	19.4	435	359.4	33.8	524	262.1	22.4	1.37 *
Heart Disease	724	231.7	16.9	332	274.3	29.5	392	195.6	19.4	1.40 *
Sudden Cardiac Death	406	129.1	12.6	190	156.7	22.3	216	102.8	13.7	1.52 *
Stroke	151	48.0	7.7	67	55.6	13.3	84	43.2	9.2	1.29

Source: Nebraska Vital Records

⁺ The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

Risk Factors for Cardiovascular Disease Among Adults in West Central District Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) ^d
	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	
¹ Current Cholesterol Screening	464	67.5	4.8	181	67.0	7.6	283	67.9	6.2	0.99
² Diagnosed Diabetes	895	5.7	1.7	352	6.8	2.7	543	4.7	1.9	1.46
³ 5-a-day Consumption	559	18.9	3.9	229	17.3	5.8	330	20.5	5.1	0.84
⁴ Diagnosed High Blood Cholesterol	342	31.5	5.7	128	32.3	9.0	214	30.8	7.4	1.05
⁵ Diagnosed High Blood Pressure	485	26.1	4.7	186	26.7	7.1	299	25.6	6.3	1.04
⁶ No Health Care Coverage, 18-64	641	14.3	3.3	257	15.6	5.5	384	13.2	3.8	1.18
⁷ Obese	857	19.8	3.0	346	18.7	4.5	511	20.8	3.9	0.90
⁸ No Leisure Time Physical Activity	757	27.3	3.8	302	27.1	5.8	455	27.4	4.9	0.99
⁹ Current Cigarette Smoking	896	21.1	3.1	352	23.8	5.0	544	18.8	3.7	1.26

Source: Nebraska Behavioral Risk Factor Surveillance System

⁺⁺ The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

⁻⁻ The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

^{*} The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

^{*} The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

^a Documented number of deaths from each cause between 1999 and 2003

^b Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

^c Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

^d Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

^e Non-weighted sample size for each risk factor

^f Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

¹ Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

² Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

³ Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

⁴ Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

⁵ Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

⁶ Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

⁷ Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

⁸ Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

⁹ Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days